

# Healthy Schools Healthy Students



## Pinterest Idea of the Month!



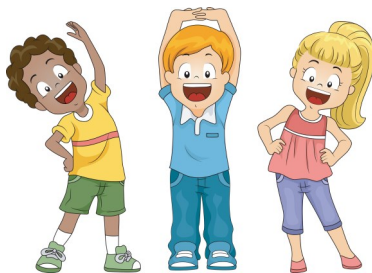
Indoor ice skating with paper plates can be used with different kinds of music and is a great way to encourage movement and fun!

*"Walking in a winter wonderland..." Winter is here and often brings cold weather, snowflakes, and not very healthy lifestyles. Keep the wonder in your winter by making sure fruits and vegetables are a part of every meal. Don't forget to stay active! Simple things like going for a 10 minute walk to get some fresh air can make a big difference on your health outlook during the long winter months. Be Well! Carrie*



## Indoor Recess and the Iowa Healthy Kids Act?

The Iowa Healthy Kids Act went into effect at the start of the 2009-10 school year and requires students in kindergarten through grade 5 to engage in physical activity for a minimum of 30 minutes each school day. Physical Education classes, recess, and classroom activity breaks can be counted in the minute requirement. Each school has their own policy as to when students stay in from recess due to the weather. Kids need physical activity everyday no matter the weather conditions. When the weather is not cooperating to allow for outdoor recess what is a school to do?



We encourage schools to do their best to provide active indoor recess. This can be challenging, but also can be a reality. There is a positive correlation between the amount of time spent being physically active and academic performance., as noted in the [Wellness Impact Report](#) and for active indoor recess ideas, [click here](#).

## Live Healthy Iowa Kids 10 Week Challenge

10 Week Wellness Challenge that is FREE for youth in grades K-12 from January 26 - April 3. During the challenge, participants aim to be active for 60 minutes a day and are challenged to track their nutrition habits. Each team needs 5-30 participants and an adult team captain. Registration opens December 15, 2014! To register or for more information [click here](#) or email [allie.paulson@livehealthyiowa.org](mailto:allie.paulson@livehealthyiowa.org).

# Paper Money, Tokens, Coins, and Smart Snacks

In the November newsletter we featured an article about PBIS (Positive Behavior Inventions and Supports) and school wellness. Below is an answer to a commonly asked question:

**Q:** Students earn “money” or tickets for good behavior which can be redeemed at a school store or prize box. Do the food and beverages at the store or in the prize box have to meet the Smart Snacks standards?

**A:** Yes, since the students are exchanging the “money” or tickets for this food, then it would have to meet the Smart Snacks standards. They are earning these tickets for good behavior and the tickets are used like money for an exchange of an item.

## Healthy Messages

The students of Muscatine East Campus and Middle School created messages that can be displayed on monitors or on TVs in the cafeteria and throughout the school building. The student created messages have been added to a library of existing messages. [Click here to check them out!](#) Consider having students create messages to be added to the collection as a great way for them to take ownership of school wellness initiatives.



## Discover MyPlate Kindergarten

A free, fun, and inquiry-based nutrition education that fosters the development of healthy food choices and physically active lifestyles. Children become food-smart as they practice counting, reading, writing, and more. The six lessons include fun characters and developmentally appropriate activities, including a series of six Emergent Readers and workbooks for each student. For more information or to order, [click here.](#)



## Super Tracker Lesson Plans for High School

SuperTracker is a diet and physical activity tracking tool, based on the *Dietary Guidelines for Americans*. USDA has developed lesson plans for high school Health, Physical Education, and Family and Consumer Science teachers; however, the resources provided allow any teacher to promote health and wellness in their classrooms, with or without experience in nutrition education. [Click here!](#)



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